

Important Tips

HEALTHY TEETH & GUMS

Healthy teeth and gums are important for many reasons. Teeth bite, tear, and chew the food that you eat. They also help you speak clearly. Many letters of the alphabet would be difficult to say without the help of your teeth! And healthy teeth and gums help keep the rest of your body healthy, too.

To keep your teeth healthy it's important to brush and floss regularly. It's best to use a soft bristled brush and to choose the right toothbrush based on your age and the size of your teeth. Ask your dentist to go over this with you at your next appointment. And be sure to change your toothbrush every three months...it's a good idea to toss those brushes after you've been sick, too!

Lastly, try to avoid sugary food (like candy) and starchy foods (like chips) in between your meals. Instead, try eating some fruits or vegetables and drink water instead of soda. When you do eat in between meals, be sure to brush your teeth when finished.

If you keep your teeth healthy and visit your dentist regularly, you will be sure to keep that bright smile that everyone loves to see!

For more information on dental hygiene, contact Hasley Canyon Dental Group and Orthodontics at (661)702-8338.

